

UNITED STATES DEPARTMENT OF AGRICULTURE  
OFFICE FOR FOOD AND FEED CONSERVATION  
CONSUMER ACTIVITIES DIVISION  
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### MONEY-SAVING FOOD PLANS

ATTENTION: Women Broadcasters

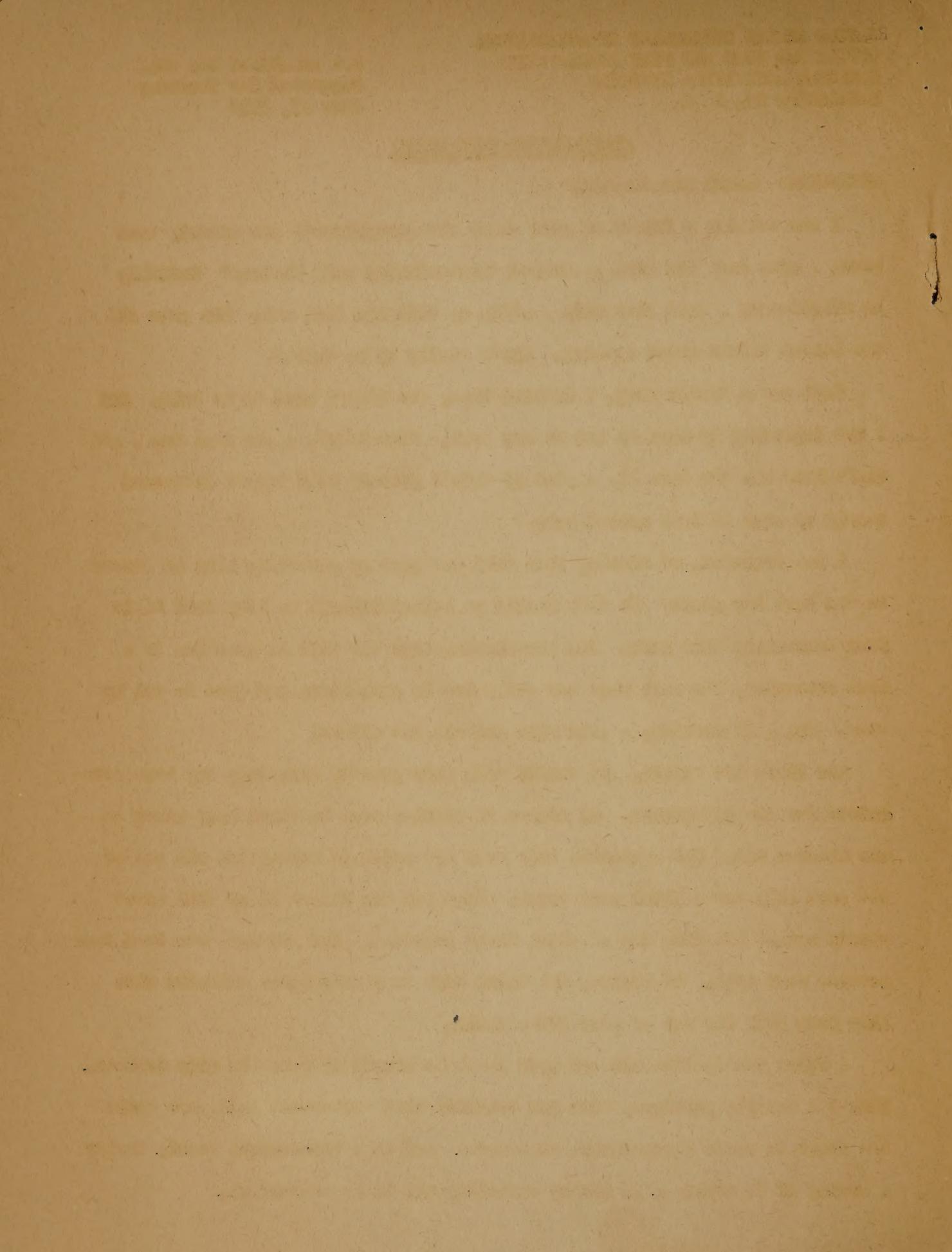
I was telling a friend of mine about the government's new economy cook book. . .you know the one. . .called "Money-Saving Main Dishes." Suddenly he brightened. . .and remarked. . ."Oh, my wife has that one. She gets all the latest things about cooking. She's really up to date."

Here was a little lady, I decided then, who didn't need to be sold. And I was impressed by what he had to say next. "You know". . .he went on. . ."I don't know how she does it. . .but my wife's grocery bill hasn't increased nearly as much as food prices have."

I was reminded, of course, that food has gone up something like 40 percent in the last two years. So it's really an accomplishment to keep food bills from increasing that much. And remembering that the wife in question is a home economist, I'm sure that her meals are as nutritious and good to eat as ever. So. . .I decided. . .she must use all the tricks.

And there are tricks. It starts with your grocery shopping, say home economists for the government. Of course it carries over to those busy hours in the kitchen too. For instance, this week the trick is buying the rib end of the pork loin for a fresh pork roast. Then you can follow it up with three sturdy meals with this buy of about three pounds. . .and you can even feed four persons each meal. Of course, the trick here is a delectable extended dish like pork puff for one of your three meals.

I think you'll find rib end pork roast is around 49 cents in many markets. That's a thrifty purchase, when you consider that center-cut loin pork chops are about 24 cents a pound more expensive. And on a three-pound roast, that's a saving of 72 cents. . .a saving certainly not to be sneezed at.



Have the roast boned when you buy it. And then for the first meal, add a savory stuffing. . .just to make the meat go farther. . .one of those tricks, you know. Cook the roast uncovered in a moderate oven. . .325 degrees. . .and then during the last half hour braise flavorsome strips of celery and carrots in the drippings. Served piping hot, it's a fine first meal with the roast. Meal number two gets thin cold slices of the roast pork to serve with a tossed green salad for one of those favorite hot weather dinners.

And meal number three. . .as I promised you. . .might be that tasty pork puff served with brown gravy. I'm sure you'll want the recipe. . .so here in a jiffy are the directions. You'll need one cup of cooked pork, two eggs, separated. . .two tablespoons of fat, one cup of mashed potatoes, salt and pepper, two tablespoons of minced onion, one tablespoon of chopped parsley, one cup of milk, and one-fourth cup of bread crumbs. Combine the pork with egg yolks beaten slightly. . .also the fat, mashed potato and seasonings. Fold in the stiffly beaten egg whites. And pour into a greased baking dish. Sprinkle with crumbs and bake in a 350 degree oven for 45 minutes.

Those tricks of the trade. . .which do keep food budgets from bursting out of their seams. . .include vegetables, too. And that means picking the plentiful and thrifty ones. Pick the "good buys" from the leafy green and yellow vegetables. . .perhaps green cabbage and golden carrots, perhaps peas in your market. . .for you want at least one serving of such vegetables every day.

Good tricks are these. I shan't guarantee that they'll whittle your grocery bill down to its 1945 or 1946 level. But it's a step in that direction.

